

Weekly Program Schedule

July 20th-26th, 2025

Sunday, July 20th, 2025

- 9:00 AM – **Catholic Mass** (Fitness Center)

Church Transportation: Departure:

Pick-up:

✚ Waypoint Church: 7:30 AM

9:10AM

☀ Morning Star: 8:30 AM

10:00 AM

🏰 Chapel of the Lake 10:30AM

12:00 PM

- 10:00 AM - 1:00 PM – **Sunday Brunch** (Orchard Room)

- 12:15 PM – **Mahjong** (Fitness Center)

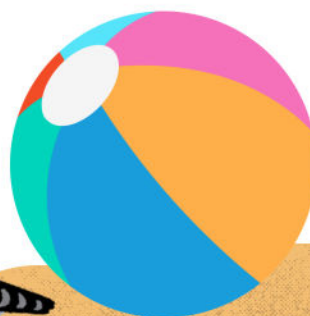
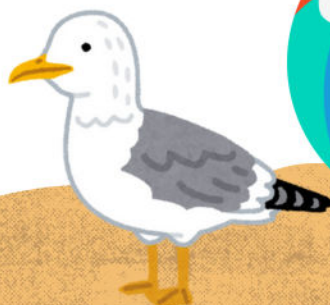
- 2:00 PM – **Bingo** (Orchard Room)

- 4:30 PM – **Pinochle**-Open Invitation!(Fitness Center)

- 6:30 PM - **Rummikub**- Open invitation (Orchard Room)

- Evening (Time TBD) – 🍕 **Order Delivery Party**- The type of food, (i.e, Pizza, Chinese, etc,.), payment method and order time are typically announced/decided during 2PM BINGO (Orchard Room)

BEACH





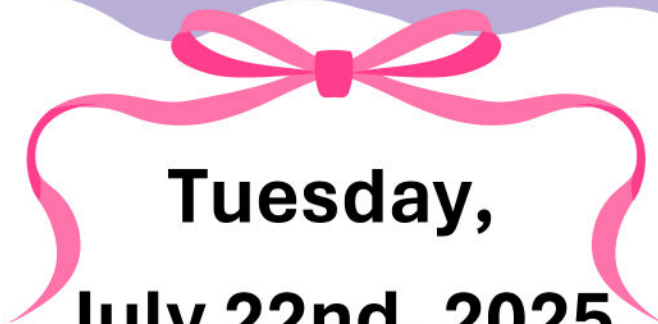
Monday, July 21st, 2025



Note: There is no Catholic Mass today.

- 9:00-11:00 AM – Rise & Shine **Errands** (Meet in Lobby)
- 9:00 AM- **Blood Pressure Checks** (Orchard Room)
- 9:30 AM- **Brain Games** (Orchard Room)
- 10:30 AM- **Bodies in Motion with AW** (Fitness Center)
- 11:30 - 1:30 AM **Texas Hold'em Poker** (Fitness Center)
- 12:30 PM- **Monday Movie Matinee- “Queen Bees”** After a forgetful accident, Helen reluctantly agrees to move into a community for seniors. She navigates finding her place as she encounters cliques, an amorous widower and faces some high stakes bridge games!
- 1:30- 2:30 PM– 🏰 **Kings in the Corner** (Fitness Center)
- 3:00 PM- **Bible Study-** (Library)
- 4:00 PM – 1st **Dinner** Seating (Orchard Room)
- 5:30 PM – 2nd **Dinner** Seating (Orchard Room)
- 6:30 PM - **Rummikub** Open invitation (Library)
- 7:00 PM - **Monday Movie Matinee-(Evening Showing)**

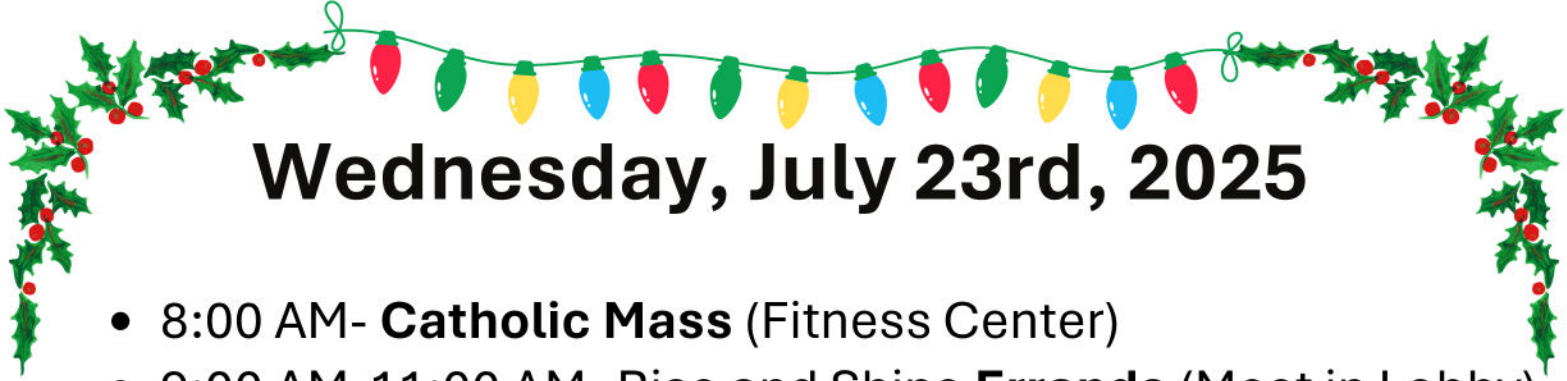




Tuesday, July 22nd, 2025

- 8:00 AM – **Catholic Mass**(Fitness Center)
- 9:00 AM – 3:00 PM – **Doctor Visits** (Meet in Lobby)
- 9:30 AM – **Brain Games** (Orchard Room)
- 10:30 AM – **Bodies in Motion** with AW (Fitness Center)
- 11:30 AM – Guided **Meditation** (Library)
- 11:30 AM - **Hand & Foot** (Orchard Room)
- 1:00 PM - **Mobile Library** (Fitness Center)
- 2:00 PM – **Trivia** (Orchard Room)
 - Round 1: Music
 - Round 2: Memory (Sit where you can see the tv)
 - Round 3: Space
 - Round 4: “Grab Bag” (Random Trivia)
- 4:00PM- 1st **Dinner** Seating (Orchard Room)
- 5:30PM- 2nd **Dinner** Seating (Orchard Room)
- 6:45 PM – **Bridge** Card Game (Fitness Center)





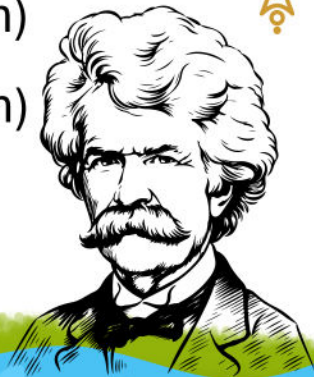
Wednesday, July 23rd, 2025

- 8:00 AM- **Catholic Mass** (Fitness Center)
- 9:00 AM-11:00 AM- Rise and Shine **Errands** (Meet in Lobby)
- 9:30 AM- **Brain Challenge** (Orchard Room)
- 10:00 AM- **Rosary & Prayers** Join us! (Library)
- 10:30 AM – **Bodies in Motion** with AW (Fitness Center)
- 11:00 AM-**Wii Bowling** (Library)
- 11:00 AM- Outing to **Sugarfire BBQ** (Meet in Lobby)
- 1:00 PM **Christmas in July Party** Let's think of cooler days,
play some games including Christmas BINGO!
(Orchard Room)
- 4:00 PM – **1st Dinner Seating** (Orchard Room)
- 5:30 PM – **2nd Dinner Seating** (Orchard Room)
- 6:45 PM - **Pinochle Club**- Come Learn! (Fitness Center)



Thursday, July 24th' 2025

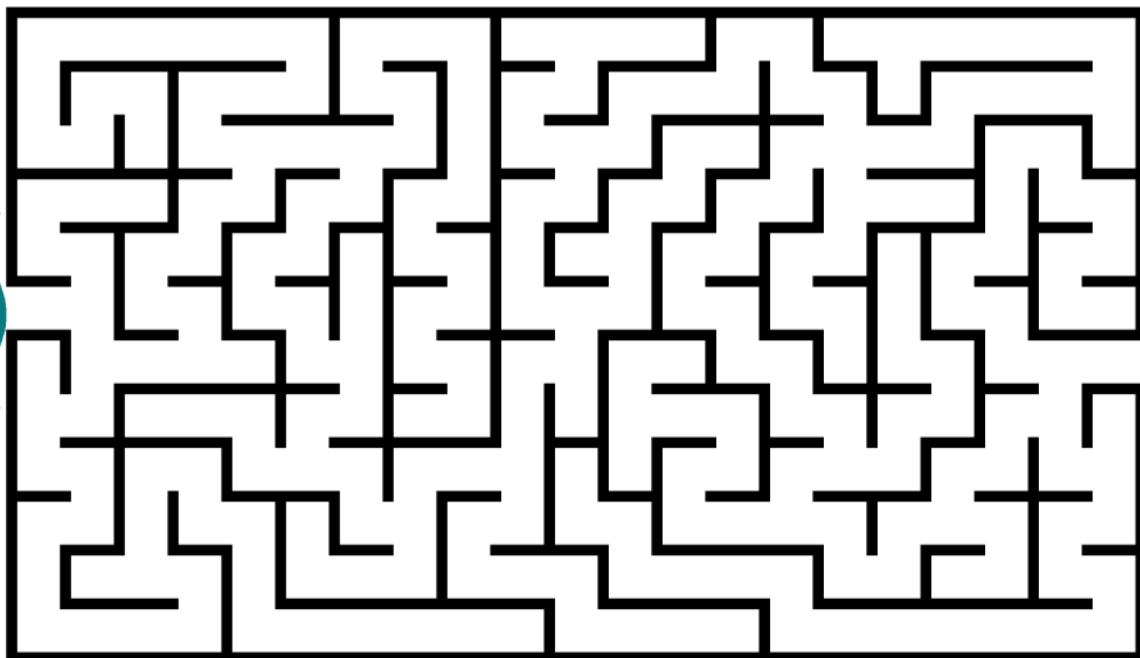
- 8:00 AM – **Catholic Mass** (Fitness Center)
- 9:00 AM – **Bodies in Motion** with AW Healthcare (Fitness Center)
- 9:00 – 3:00 PM – **Doctor Appointments** (Meet in Lobby)
- 9:30 AM – **Brain Challenge** (Orchard Room)
- 10:15 AM – **Operation Bedroll Project** (Orchard Room)
- 10:30 AM - 12:00 PM – Avalon's In-House "**Your Store**" (Fitness Center)
- 11:30 AM – **Guided Meditation** Class(Library)
- 12:00 PM – **Hand, Knee & Foot** Card Group (Orchard Room)
- **2:00 PM – Guest Speaker- Ric Vice** is here to talk about Mark Twain. Did you know that Mark Twain's real name was Samuel Langhorne Clemens. He picked the pen name "Mark Twain," which is a riverboat term meaning "two fathoms deep," or 12 feet—safe water for steamboats. (Orchard Room)
- 4:00 PM – **1st Dinner Seating** (Orchard Room)
- 5:30 PM – **2nd Dinner Seating** (Orchard Room)



Friday, July 25th' 2025

- 8:00 AM – **Catholic Mass** (Fitness Center)
- 9:30 AM – **Brain Challenge** (Orchard Room)
- 10:30AM- **Bodies in Motion** (Fitness Center)
- 11:30 AM - 1:30 PM **Texas Hold'em** (Fitness Center)
- 2:00 PM-3:00 PM– **Happy Hour** featuring **Fred Lloyd** of “**Sound Judgement**”. Head down to the Orchard Room and tap your toes to some tunes!
- 4:00 PM – **1st Seating- Dinner** (Orchard Room)
- 5:30 PM – **2nd Seating- Dinner** (Orchard Room)
- 6:15 PM – Friday **Bridge** Players (Fitness Center)

We hope you have an “a-maze-ing” weekend!





Saturday, July 26th, 2025



- 10:00 AM- **Rosary** (Library)
- 10:00 AM **Praise & Worship with Kim** (Fitness Center)
- 11:00 AM – **Bible Study** with Fred (Fitness Center)
- 11:30 AM - *NEW* **Texas Hold'Em** (Library)
- 12:30 PM – **Hand, Knee & Foot** (Orchard Room)
- 12:30 – 2:00PM – "**Your Store**" (Fitness Center)
- 4:00 PM – **1st Dinner Seating** (Orchard Room)
- 5:30 PM – **2nd Dinner Seating** (Orchard Room)



This day in history:

1775 – Special Delivery!



On July 26, 1775, the U.S. Continental Congress decided it was time to get the mail moving in style. They established the very first American Post Office and picked none other than Benjamin Franklin—founding father, inventor, and all-around clever fellow—as the first Postmaster General. Thanks to Franklin's knack for organization (and his love of good communication), it was the first stamp on the envelope that became the United States Postal Service!



Upcoming Events & Holidays

- July 23rd - **Christmas in July Party**- BINGO included!
- July 24th - **Ric Vice** is back to talk about **Mark Twain**
- July 28th - “Cup of Kindness” **Tea Party**
- July 30th - **Day Trip- Josephine’s Tea House/Shopping**
- July 31st - Regions Bank will be hosting a fun and informative afternoon of “**Banking BINGO**”!
- Aug. 1st - The **STL Strutters** are back!
- Aug. 10th - **ACT II- “Always, Patsy Cline”** (for ticketholders)
- Aug. 27th - **Day Trip- Fast Eddies Bon-Air** in Alton, Il, try their *NEW MENU ITEM* “The Big Eddie”- surf & turf on a stick!

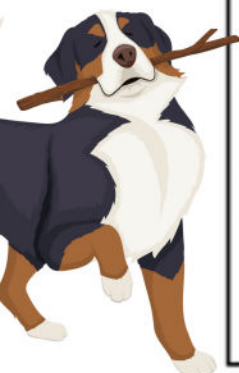
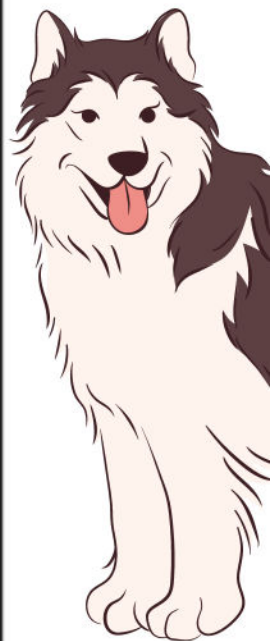
The Walk to END Alzheimer’s isn’t until Saturday September 27th, but we’re already raising money! Donate \$5 to the front desk and receive a “flower” to write the name of someone you know who has/had Alzheimer's then add it to our tree!

Daily Tips & Reminders

- Upper Apartments: Please be mindful of your downstairs neighbors when cleaning your balcony or watering plants as lower levels are experiencing brushed off dirt and dripping water.
- Trash Service: \$5/ week set out trash on Mon and Thurs before 8:00AM
- Doctor's Trips: Must be scheduled 48 hours in advance between 9:00 AM – 3:00 PM and within 10 mile radius.
- Maintenance/Housekeeping Requests: Call/stop by the Concierge Desk.
- AW Healthcare: Physical Therapy and in-home care services available. Call Diane Fanning (314) 330-7992
- In House Physician: Dr. George Mansour is accepting new patients. He is our in-house concierge physician. Call Casanitas Medical Group (636) 489-1137
- Avalon Park Emergency Alerts: Add Avalon Alert System to phone contacts Avalon Park Alerts (636) 251-5525. This is the automated number the notifications will come from. See Concierge for help.
- Free Check In service available. Please see Concierge for complimentary daily check-in calls.
- Questions? Feedback? Call us at (636) 251-4400.

Live Well.  *Live Better.*

Dog Breeds



Word list:

BEAGLE
 BOXER
 BULLDOG
 CHIHUAHUA
 COLLIE
 CORGI
 CORSO

DACHSHUND
 DALMATIAN
 DOBERMAN
 GERMAN SHEPHERD
 GREAT DANE
 GREYHOUND
 HUSKY

IRISH SETTER
 JACK RUSSELL
 LABRADOR
 PIT BULL
 POINTER
 POMERANIAN
 POODLE

PUG
 RETRIEVER
 ROTTWEILER
 SCHNAUZER
 SHEEPDOG
 TERRIER



Did you know?
 The RCA dog's
 name is "Nipper"!

